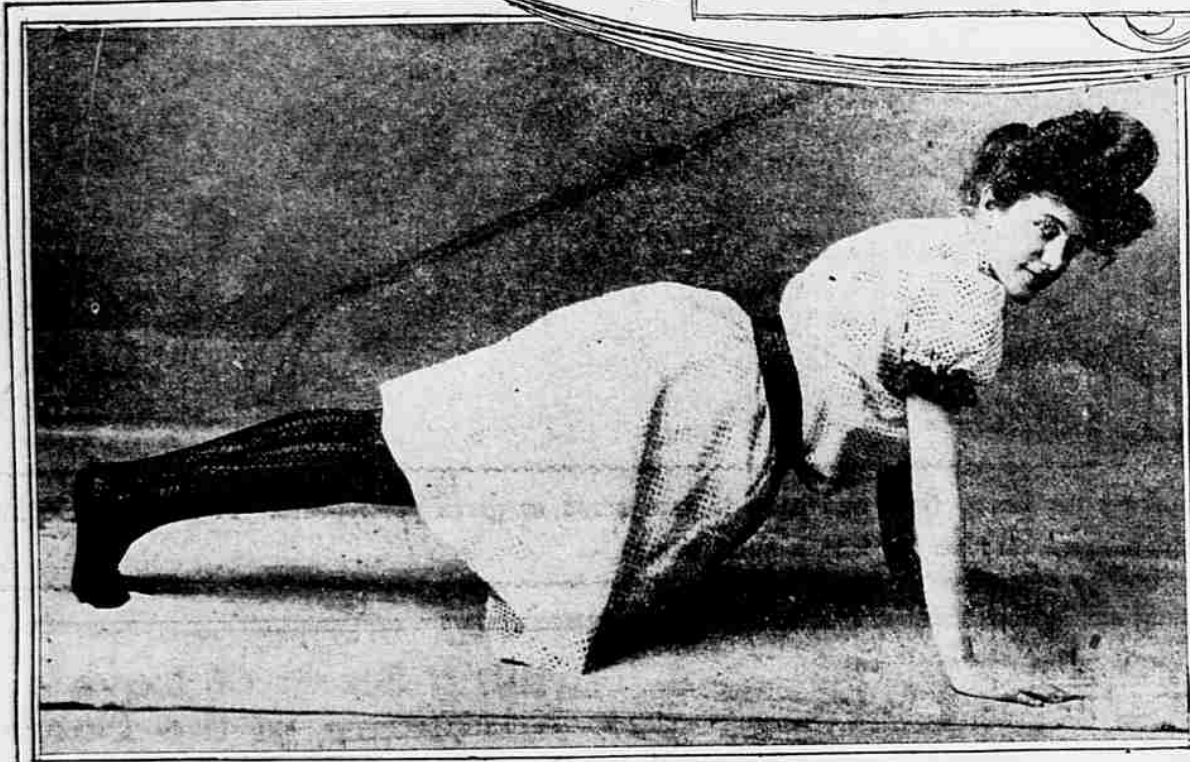


## GRACEFUL ANTICS BY WHICH YOUNG WOMEN CAN GAIN STRENGTH WHILE ON THEIR OUTING.

ATTIRED IN SURF SUITS THEY SHOULD TAKE THESE HEALTH-GIVING EXERCISES  
OUT UPON THE SAND BY STRENGTHENING SEA WAVES OR IN A GYMNASIUM...LIE FLAT ON THE BEACH OR IN  
THE OPEN AIR AND DO THISTO  
REST TIRED  
SHOULDERS LIE  
ON YOUR BACK AND  
BLOW BUBBLES.

FEEL YOUR FEET WEIGHT ON YOUR HANDS AND TOES AND BREATHE DEEPLY

WRITTEN FOR THE SUNDAY REPUBLIC.

A bathing dress is the best gymnasium

suit in the world," so said a physical

culture expert.

"It inspires, invigorates and stimulates.

Give a woman an ordinary gymnasium suit

and the chances are that she will protest.

"She will say that she is too tired to put

it on, that it is not becoming, that it is

uncomfortable, rough and too loose to feel

good."

"But hand her a bathing dress, a modish-

ly made sea suit, a costume that is meant

for show as well as for use, and away she

will skip.

"In five minutes she will come back

dressed in it from head to toe, and, before

you can prevent her, she will begin her

gymnasium antics. She enjoys her pretty

suit.

"A gymnasium suit that does not fit, and

is not becoming, is worse than no suit at

all, for it discourages the wearer and pre-

vents her from performing the feats which

she would otherwise be anxious to under-

take."

"The knowledge that she looks like a guy

keeps her from trying to take her exercise.

But put her into a nice little French suit

and it is a different matter.

"The best of all places to exercise in the

summer time," continued the teacher of

physical culture and of beauty, "is in the

open air, and what so good as the sea-

shore? The sea air stimulates and makes

one feel vigorous."

"It also keeps one from catching cold,

for there is something about the salt air

which prevents one from contracting pneu-

monia, rheumatism and colds in the head

after the exercise.

"Plain, fresh air is all right, and the girl

who wants to exercise can get out into it.

But, if salt water is within her reach, she

should go to the shore, but on a good bathing

suit and exercise."

"Salt air has a tendency to cure one of

spinal trouble, for the salt and the minerals

that are in salt water act directly upon the

spine, strengthening it and making it very

much more able to bear its burden of sup-

porting the body."

SALT BATHS THE BEST.

The woman who cannot get the real salt

water can buy sea salt in a bag and, after

she has taken her exercise, she can put

salt in the water and take a salt bath.

Mineral salt is best, not common table

salt by any means, but real sea salt, and

the tub should be full as possible of tepid

water, made salty with the sea salt.

The water should be neither very hot nor

very cold, but just medium, precisely like

sea on a mild day.

The bath following the gymnastic exer-

cises is one of the most important of all

things, for it is the climax, or the comple-

tion, of the day's work. And by it the mas-

ter athlete can determine whether her

work is well done or not.

The right kind of a sea bath leaves one

feeling very brisk, but the wrong kind

leaves one full of aches and pains and a

thousand times worse than though no exer-

cise had been taken at all and no bath had

followed it.

To take the right kind of a sea bath in a

tub, fill the tub over night with water, or

let it stand three hours in the middle of the

day.

This depends upon whether one is going

to bathe in the morning or at night. Water

that has stood over night is just right for

morning.

The water will become of just the temper-

ature of the room and there will be no

shock.

Just before taking the plunge add about a

quart of very hot water to take off any pos-

sible chill. No soap is, of course, used with

the sea-salt bath.

People who are too stout should take the

cold bath, for it is a great reducer. The

most violent exercise should be taken while

in the water, for this also tends to reduce.

But people who are very thin should take

the hot bath and should remain in it as long

as is comfortable.

These who bathe merely for the strength,

and for the necessary ablation, can take the

medium temperature and exercise a little

after coming out.

HOT OR COLD WATER.

One kind of a bath fattens and the other

reduces.

The science of it all is that warm water

is absorbed by the skin more easily than

cold water and the woman who wants to

plump out her flesh will do so much more

readily in hot water than in cold water.

A woman who recently died in France had

not stirred for twenty years, being all that

time in a curious condition of muscular in-

activity.

She was sustained almost entirely by milk

biscuits. And milk will only pass into her

skin. On the same principle warm water

can be absorbed by the skin and the candi-

date for slimmers should not remain for too

long a time in the hot bath.

But the girl who is going to take gym-

nastic exercises in a bathing suit must fol-

low certain lines of exercises if she is going

to get all the benefit of the summer air and

of the outdoor treatment.

She must remember that there are exer-

cises for indoors and exercises for out-of-

doors, and that the two are entirely differ-

ent.

In exercising out-of-doors one can exert

every muscle without doing the system any

harm. But, in exercising indoors, one must

be more careful.

Remember, in a gymnasium one can exercise first the

arms, then the legs, then the chest, then the

abdomen and so on, until the whole body

has had its exercise.

But in the open air the matter can be

taken up much more vigorously and more

thoroughly.

Remember, in exercising in the open air

there is a plentiful supply of oxygen and

that the lungs can have all the fresh air

they want.

It is almost impossible to exhaust them,

for a fresh supply is constantly being fed

into them.

STRONG AND GRACEFUL.

Almost the same argument applies to the

heart and all the internal organs brought

into play in violent exercise, for the fresh

air gives a new supply of strength as fast

as the old supply is exhausted.

There is always plenty of ozone for the

one who is exercising in the open air.

But the girl who is going to be a water

witch in a bathing suit, out in the open air,

must exercise correctly, or, instead of be-

coming a pretty and graceful young athlete,

she will be a muscular one, remarkable for

her strength and her endurance, but not for

her beauty or her attractiveness.

It is possible to be strong without being

muscular, to be feet-footed as Atlanta

without being awkward; to be erect without

looking like a beanstalk, and to be so strong

of muscle that one can stand on one's hands

or hand by one's arms without being in any

way ungraceful.

The very best athletes are extremely

graceful, but the amateur too often gives up

everything in her pursuit of strength, and

when she has gained muscular perfection,

she is content without trying to make

herself pretty in outline and carriage.

Now, the perfect girl, the water witch of

the summer, is remarkable for many things.

First, she is as graceful as a nymph; sec-

ond, she can walk perfectly erect; third, she

has the straight front which is called the

military front; fourth, she has the straight

back which is called the soldier's back, and,

fifth, she can prove by her muscular feats

that she has control of every set of muscles

in her body.

Of course, she is exquisitely developed.

Now, the first exercise for the girl in the

bathing suit is an easy one.

Any woman can try it, but she must

loosen her clothing and she must take off

her shoes, for it is one that will exert every

little muscle of the body and call most of

the nerves into action.

HOW SHE MUST EXERCISE.

She must stretch herself flat upon the

floor and cross her feet.

Then she must touch her hands together,

open them wide and stretch them above her

head. She must lie thus, with toes extend-

ed and arms outstretched, until she has

done the regulation arm exercises.

The regulation arm exercises are three in

number. To the girl stretched out flat upon

the floor they begin with lifting the arms

as high as possible over the head, keeping

the hands open and touching each other.

The second one is to lift the hands high

in front of you with the fingers still touch-

ing.

And the third one is to lower them as

far as possible, still touching the fingers

together. Practice this for fifteen minutes

if your arms will stand it.

The second of the seashore exercises,

which can, of course, be taken out upon

the lawn or the piazza if there is no sea-

shore handy, begins with lying flat upon

the back.

The hands are lifted high in front of you

and the fingers outstretched. One knee is

now lifted high, while the other leg is still

stretched out flat.

But, as for the rest of her body, it is

supple as ever and not taxed in the least.

Women with weak backs and women who

want to be graceful can try this with tell-

ing effect, for it is the best of all straight

front exercises.

There are those women who are not fat,

yet who are not graceful. When they look

at themselves in the glass they notice that

they do not seem to stand correctly.

The shoulders are too low, the bust is not

erect, the abdomen is too high and the hips

seem out of line.

The trouble is that they do not stand cor-

rectly.

And to determine whether or not she

stands correctly, a woman can put her fig-

ure to an easy test.

Let her take a string and attach a weight

to it.

Let her now stand with the end of the

string in her mouth, and the weight danc-

ing near the floor.

If she stands correctly the string will

just swing clear of the tip of the bust and

of the thickest part of the abdomen.

If it touches the abdomen it is a sign that

she does not stand truly.

The practice of lifting one's self, face

downward, upon one's hands is an excel-

lent exercise for the straight front, and

the woman who is not correct in the front

outline can try it to her own great benefit.

It will also give the flat straight soldier

back which is now so much sought.

A woman can be heavy and still have a

flat back, for the fat need not be on her

shoulder blades, and she can be stout and

still have the straight front.

It is all a matter of exercise and of cor-

rect carriage, and the woman who wants

to be correct in these respects should try

the exercises which will give her perfec-

tion.

Above all, don't forget to put on a be-

coming suit, for no woman ever practiced

gymnastics as she should practice them in

a suit that did not fit her.

LETTERS TO ANXIOUS READERS.

Readers of this column are kindly re-

quested not to send money. The advice is

given free.

If you want a private reply, send a self-

addressed stamped envelope. Put your

own name, the name of your street and the

full name of the city and State upon the

envelope.

Do not inclose postage stamps, but stamp

your inclosed envelope.

Several letters have been received from

readers who enclosed postage, but omitted

to give the street number. Of course it is

impossible to reply.

Mrs. John T. G.—I am very heavy, and I

cannot reduce my weight. What would

you advise?

You are wrong in thinking that you can-

not reduce. But since you think you can-

not, why, try to look slimmer, anyway.

Learn how to put on your corsets prop-

erly. The most effective physical culture for

the purpose is, I believe, vigorous walk-

ing.

It is very important that the stout woman

should learn the laws of equilibrium and

know how to carry herself properly.

Many women that have too much flesh

manage to look forty pounds lighter be-

cause they know how to breathe and how

to walk.

Mrs. A. B. C.—My grateful thanks to you

for taking the wrinkles out of my

face.